

Household Commodity Fact Sheet

**SOUP, CHEDDAR CHEESE, READY-TO-SERVE, CARTON**

Date: November 2009

Code: B920

PRODUCT DESCRIPTION

- Cheddar cheese soup is a ready-to-eat, milk-based soup. The soup will be available as either a regular or low-sodium (140 milligrams of sodium or less per serving).

PACK/YIELD

- Cheddar cheese soup is packed in 32 ounce cartons. Each carton provides about 4 servings (1 cup each).

STORAGE

- Store unopened cheddar cheese soup in a cool, clean, dry place.
- Store remaining opened cheddar cheese soup in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the carton.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Ready-to-serve soups are fully cooked and do not need to be mixed with water or milk.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve cheddar cheese soup heated as a main dish or as an appetizer.
- Top cheddar cheese soup with cheese or crackers for added flavor.
- Use cheddar cheese soup as a base for other main dish meals, stews, sauces, or casseroles.
- Mix cooked vegetables (canned, frozen, or fresh) into the cheddar cheese soup for a heartier meal.

NUTRITION INFORMATION

- For a 2,000-calorie diet, the daily recommendation is about 3 cups of food from the milk group.

FOOD SAFETY INFORMATION

- If the carton is leaking or the ends are bulging, **throw it away**.
- If the food has a bad odor or liquid spurts out when the carton is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 cup (251 g) Cheddar cheese soup

Amount Per Serving

Calories	230	Calories from Fat	130
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% Daily Value*

Total Fat 14.5g	22%
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Saturated Fat 9.1g	46%
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Trans Fat 0g	
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Cholesterol 50mg	17%
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Sodium 1020mg	42%
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Total Carbohydrate 16g	5%
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Dietary Fiber 1g	4%
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Sugars 4g	
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Protein 10g	
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Vitamin A	25%	Vitamin C	2%
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Calcium	29%	Iron	4%
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*Percent Daily Values are based on a 2,000 calorie diet.